

What is claimed is:

1. A fat composition of high purity diglyceride comprising:  
85% to 99.9 % by weight of diglyceride containing 0.1 to 80 % by weight of conjugated linoleic acid; and  
the balance being monoglyceride, triglyceride or a mixture thereof.
2. A method of preparing a fat composition of high purity diglyceride containing conjugated linoleic acid, the method comprising:  
mixing monoglyceride, conjugated linoleic acid, and fat, fatty acid or a mixture thereof and stirring the mixture at a speed of 10 to 200 rpm; and  
subjecting the stirred mixture to an transesterification at 200 250 °C under reduced pressure of 0.001 to 0.5 torr for 1 to 10 hours.
3. The method of claim 2, wherein the molar ratio of monoglyceride to fat, fatty acid or a mixture thereof is preferably in the range of 6:4 to 8:2.
4. The method of claim 2, wherein the temperature of the transesterification is in a range of 200 to 230 °C.
5. The method of claim 2, wherein the oil or fat is selected from the group consisting of soybean oil, rapeseed oil, cotton-seed oil, corn oil, olive oil, palm oil, palm kernel oil, coconut oil, safflower oil and mixtures thereof.
6. The method of claim 2, wherein the fatty acid is a saturated or

unsaturated fatty acid having 2 to 24 carbon atoms selected from the group consisting of oleic acid, soybean fatty acid, capric acid, lauric acid, myristic acid, palmitic acid, stearic acid, and linolenic acid, docosahexaenoic acid (DHA), and mixtures thereof.

7. A method of preparing a fat composition of high purity diglyceride containing conjugated linoleic acid, the method comprising:  
mixing monoglyceride, conjugated linoleic acid, and a lipase and stirring the mixture at a speed of 10 to 200 rpm; and  
subjecting the stirred mixture to an transesterification at 30 to 60 °C under reduced pressure of 0.001 to 0.5 torr for 1 to 10 hours.

8. The method of claim 7, after the subjecting of the transesterification, further comprising performing molecular distillation on the mixture.

9. The method of claim 7, wherein the amount of conjugated linoleic acid is 1 to 80 parts by weight based on 100 parts by weight of monoglyceride and the amount of lipase is 0.1 to 20 parts by weight based on 100 parts by weight of monoglyceride.

10. The method of claim 7, wherein the lipase is selected from the group consisting of lipozyme, 1,3-positionally specific lipase, positionally non-specific lipase, 1,3-positionally specific rhizopus, or geotrias having unsaturated

fatty acid specificity, more preferably 1,3-positionally specific or positionally non-specific lipase.

11. Cosmetic emulsifiers, pharmaceutical emulsifiers or highly functional food additives, comprising a fat composition of high purity diglyceride containing conjugated linoleic acid prepared by the method of claim 2 or 7.